

# May 2010 King Press

***We Are  
Building  
“Character”,  
Families &  
Communities”  
In 2010***



## ***True Devotion!***

Two individuals informed me they liked the changes they saw in the center and then took it a step further. The King Center is shouting throughout Milwaukee County to thank them for their devotion to the Center. They are not talking the talk but **walking the walk**.

Lemae Speed a Milwaukee County worker thus far has purchased four yearly youth passes to be donated to any youth in need.

George C. Harrell of GCH Investments, LLC. has made the first of several donations of \$100.00 to Friends of Dr. Martin L. King Jr. Community Center to be used for the Creative Minds Resource Center!

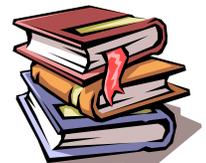
We thank Lemar and George for their faithful commitment to the youth and the Dr. Martin L. King Jr. Community Center.

## ***Power Hour!***

Reading for our children is the first step to success! I am proud to say that our Brilliant Minds Resource Center has a new addition. A complete library with over 600 children books!

My challenge to each of you is to volunteer an hour of your time to read to the youth.

Power Hour will introduce you to a youth that you will eventually develop a bond with. Our youth need you. Your efforts may be the key to their success!



Health Institute of Milwaukee

**H.I.M.**  
The Saga Continues  
*presents*



SISTERS AND BROTHERS UNITED AGAINST HIV

**MAY 23, 2010**

MARTIN LUTHER KING CENTER

1531 W. VLIET ST / 12PM - 6PM

FOR MORE INFORMATION REGARDING THE HEALTH FAIR PLEASE CONTACT  
HEALTH INSTITUTE OF MILWAUKEE INC. AT (414) 263-9999



**Guest Speaker**

**Sheryl Lee Ralph**

**HIV/AIDS ACTIVIST, SINGER & ACTRESS**

FREE HIV Health Fair

Take a non-blood

HIV test, get a meal, get  
entered to win door prizes,  
and get your HIV result in  
less than 30 mins.

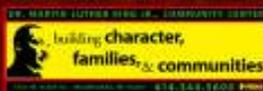
FREE H1N1 Vaccination & Other Health Info

All Donations are Tax Deductible

"He who does not know he has  
a disease, can not be cured!"

...African Proverb

*Sponsored & and in Partnership by:*



County Supervisor  
Elizabeth Coggs



***Sisters and Brothers United Against HIV (S.A.B.U.A.H),  
Supervisor Elizabeth Coggs  
& the  
Dr. Martin L. King Jr., Community Center  
Welcomes guest speaker  
Sheryl Lee Ralph***

Original DREAMGIRL, Sheryl Lee Ralph is a multifaceted jewel of a woman who sparkles in every area of life. An acclaimed show business "pro", her award winning body of work in film, television and the Broadway stage includes originating and creating the role of Deena Jones on Broadway in the landmark musical *Dreamgirls*, which earned her a Tony Award Nomination and a Drama Desk Award Nomination for Best Actress. A passionate AIDS activist, Ms. Ralph is the founding director of the DIVA (Divinely Inspired Victoriously Anointed) Foundation 501(C) 3 which she created in memory of the many friends she had lost to HIV/AIDS. She created the critically acclaimed *Divas Simply Singing!*, an evening of song and entertainment that has become one of the most highly anticipated AIDS benefits in Hollywood. Ms. Ralph has added the critically acclaimed one-woman show *Sometimes I Cry*, written, directed and performed by Ralph herself, about the lives, loves, and losses of women infected and affected by HIV/AIDS to her list of outstanding credits. *Sometimes I Cry* touches the heart leaving audiences around the world deeply moved and encouraged to know their HIV status. Ms. Ralph was awarded the first Red Ribbon Award at the UN for her unique use of the arts in HIV/AIDS activism. Honorary member of Delta Sigma Theta Sorority, she holds the distinction of being the first and youngest female graduate of Rutgers College (RU) at the age of 19. She received a Doctorate in Humane Letters from Tougaloo College for her AIDS activism. Mother of two with a blended family of four, Sheryl Lee loves every moment of motherhood. Married to State Senator Vincent Hughes of Pennsylvania in what Entertainment Tonight called, "The most elegant and romantic wedding!" She acknowledges love is the greatest gift to be given and shared.

*Let's Stay Healthy at  
the King*

**Free H1N1  
Vaccine**

**Sunday, May 23<sup>rd</sup>  
12:00pm - 6:00pm**





The Dr. Martin Luther King Jr. Community Center  
Presents...

*Thoughts, Words, Life*  
*Poetry & Creative Writing Workshop*

Come join us on Mondays, beginning May 17<sup>th</sup>  
from  
6:00pm-7:30pm  
at the

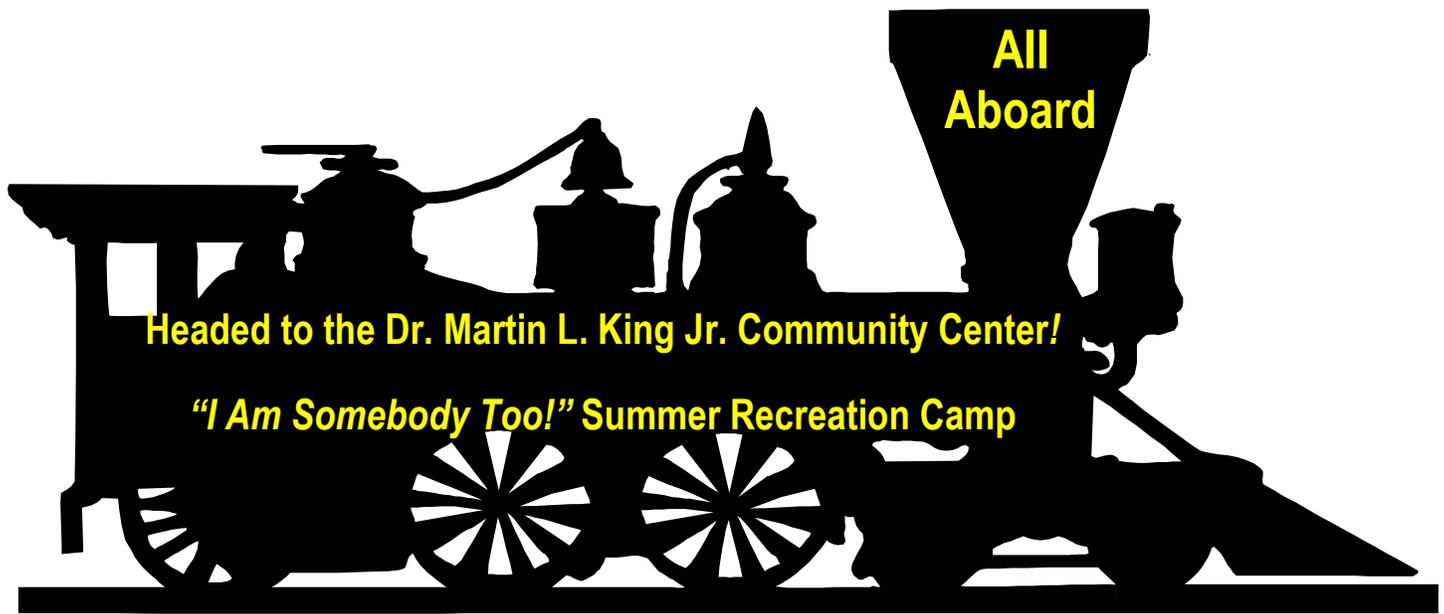
Dr. Martin Luther King Jr. Community Center,  
for the "Thoughts, Words, Life" poetry & creative writing workshop.

Tone your creative writing skills, and get prepared for the upcoming annual  
*King Community Center Poetry Slam Fest!*

For more information, call 344-5600.



After 31 years of service, we pray for Guy Taylor as he starts his new adventure, **RETIREMENT!** Guy did everything in parks! Starting as a Seasonal Park Worker to Unit Coordinator, Deputy Regional Manager and retiring as the Regional Operations Manager for the Milwaukee County Parks Department. Since he wore so many hats, I'm sure I missed quite a few positions he has held. Pastor of New Life Kingdom Ministries International with his wife Debora, Guy plans to devote his time to his first passion, which is his ministry. On June 11<sup>th</sup>, Guy will receive his BA in Pastoral Biblical Studies from the Midwest Bible College! We wish him the best as he turns a new page in his life!



We are not just a place to send your children to play. The King Center is a child-friendly facility where children learn and play at the same time. We have pride in our commitment to enhance a child's imagination through play. This year's theme is "I Am Somebody Too!" Your child will get to participate in activities learning about famous people, past and present, while exploring history-making events. Each day they will concentrate on something new and each week will center on a different theme! Students take amazing classes, have recreational activities and make life-long friends! They learn and explore the Milwaukee County Parks system and learn about all the parks right in their own backyard!

Are you looking for a camp that is saturated with love and supervision, with opportunities to build character, values and improve skills, as well as the most fun-filled days your child could have? Look no further! "I am Somebody To" Summer Camp has it all

### **The weeks will consist of:**

**"Let's Go Green"** Environmental Week

**"Art-Fantastic"** Fun with Arts & Crafts

**"Water Workz"** Safety with Water Week

**"Ballin 4 Fun"** Week centers on sports.

**"Natural with Nature"** A Week of exploring the outdoors

**"Creative Arts"** Dance, Poetry, Tap Dancing Week

**"Exploring the World through Food"** Week of cooking with foods, thinking outside the box.

**"ABC – 1,2,3 Back to School & Spirit Week"** Reviewing, preparing for new school year

June 14<sup>th</sup> until August 6<sup>th</sup> - Monday through Friday - 9:00am until 3:00pm  
For Children Ages 5-14

Cost: is \$75.00 per child, which includes a one-year membership

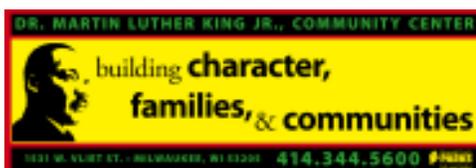
For two or more children the cost is \$50.00 per child, which also includes a one-year membership

For youth who are members the cost is \$60.00

Scholarships are available

Breakfast and lunch included

Let us help you enrich your child's summer as they make new friends, discover new adventures, all while learning and having fun.



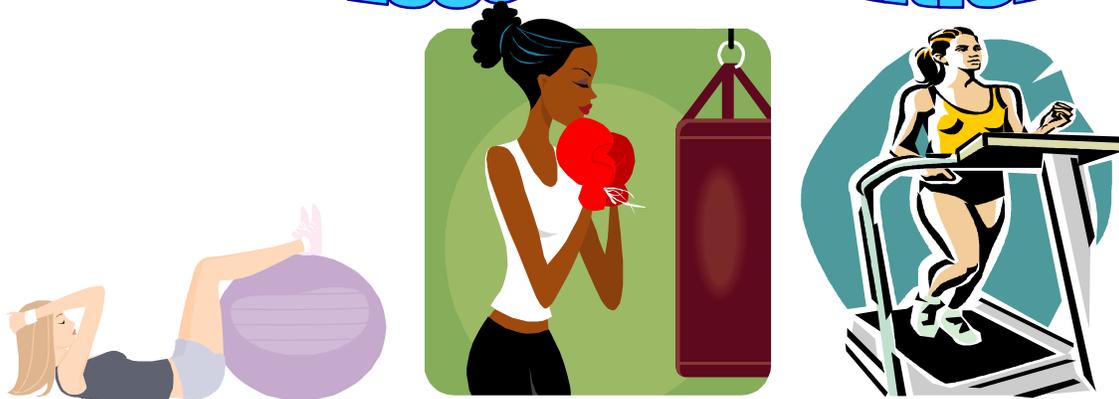
For more information  
please contact the center at  
414-344-5600





**Dr. Martin Luther King Jr. Community Center  
Presents:**

**Queens of Fitness  
Biggest Loser Competition**



**DETERMINATION+HARDWORK=\$CASH \$**

**The competition will begin 5/10/2010 and end 9/10/2010**

**RULES**

1. Each contestant must pay a \$5 entry fee and a monthly fee of \$5. Greg or Saleem will collect these fees.
2. All contestants will be required to take a photo at the beginning and at the end of the competition. Media consent forms will need to be signed.
3. Weekly weigh-ins will be required. Either Greg or Saleem will weigh the contestants. You may or may not choose to share your weight with the other contestants.
4. Contestants can work out in groups or individually.
5. Each week, Greg or Saleem will assign contestants realistic weight loss goals. If a contestant fails to reach her goal, that contestant will be assessed a \$1 penalty.
6. Contestant must demonstrate good sportsmanship and support for one another.
7. There will be no refunds of any fees.
8. All fees paid by the contestants will be included in the prize money for the winner. Winner take all
9. **GOOD LUCK!**

For more information call Erika @ (414) 215-8067

# Wisconsin Nutrition Education Program

## WNEP Nutrition Class



# EFNEP

Expanded Food and Nutrition Education Program

**Site: Dr. Martin Luther King  
Community Center**

**Contact:** Dee McCollum

**Phone:** (414) 344-5600

**Email:** dee.mccollum@milwcnty.com

**Instructor:**  
Cheryl Horns

**Program Contacts:**

Cheryl Horns, Nutrition Educator  
(414) 256-4686

Rosamaria Martinez, Program Administrator  
(414) 256-4680

Wisconsin Nutrition Education Program  
Milwaukee County Cooperative Extension  
9501 W. Watertown Plank Rd., Bldg. A  
Wauwatosa, WI 53226-3552

Eating Smart • Being Active®

| <b>Wednesdays<br/>5:00-6:30pm</b> | <b>Topic</b>         |
|-----------------------------------|----------------------|
| May 12, 2010                      | Go Lean with Protein |
| May 19, 2010                      | Make a Change        |
| May 26, 2010                      | Celebrate!           |

### Intended Audience

Parents or persons who are:

- Caring for children under age 19 or are pregnant

-and-

Eligible for the QUEST card (food stamps/FoodShare), BadgerCare Plus, WIC, Wisconsin Works (W-2) or whose children are eligible for Head Start or Free/Reduced Price School Meals.



**UW  
Extension**  
Cooperative Extension

**For UWEX Office Use Only**

Evaluation: **yes**, 24 Hour  
Food Recall



# For our YOUTH!

On weekdays when school is out, students will be allowed to come to the King Center for open activities starting at 10:00am with a school I.D.

**Homework Assistance & Library Time**  
Monday – Friday  
3:00pm – 4:30pm

**Youth Open Gym**  
Tuesday  
4:00pm – 8:00pm

**Come Be A Girl Scout!**  
Enroll your daughters in Brownies or Girl Scouts

**For My People Productions**  
Spoken word & theater training  
Monday  
5:00pm – 6:30pm

**Tapping Out Rhythm**  
Monday 6:00pm

**Youth & Teen Rec Room**  
Monday – Friday  
4:30pm – 7:30pm

**Saleem Karate-Do/**  
Thurs, Fri  
6:00pm – 8:00pm  
Sat. 10:00am – 12:00pm

**Youth Movie Night**  
Thursday  
5:30pm – 7:30pm

**Al Mooreland Amateur Boxing**  
Train with some of the best coaches in the amateur boxing circuit.

**Youth African Dance Class**  
Friday  
5:30 – 6:30pm

**Girls 2 Women  
Boys 2 Men**  
Teen Fitness Club  
Thursday 6:00pm

**Youth Exercise Class**  
Wednesday  
6:00pm

**Brilliant Minds Resource Center  
Ages 5-17**  
Monday – Friday  
3:00pm – 7:00pm

# The World of Adults

**Kings Weight Room**  
Monday – Friday 9am – 8:00pm

**Queen's Weight Room**  
Monday – Friday 9am – 8:00pm



**Exercise Classes**  
Mon – Thurs 9am, 4:30pm, 5:30 & 6:30pm

**Adult Open Basketball**  
Monday thru Friday 10am-8pm



**Adult African Dance Class**  
Thursday  
6:30pm – 8:00pm

**Al Mooreland Amateur Boxing**  
Train with some of the best coaches in the amateur boxing circuit.  
Additional Fee  
(414) 263-4461



**Saleem Karate-Do/**  
Thurs, Fri  
6:00pm – 8:00pm  
Sat. 10:00am – 12:00pm



**Andre Lee Ellis & Company**  
Adult theater training  
Saturday 8:00am-12:00pm

**Volunteers come share your talent at the center!**

The King Center is always looking for coaches, officials, program assistants, special event volunteers and anyone with a skill, hobby or talent they would like to share with the youth! Ongoing opportunities are available at the King Center and we would love to have your input. If you would like to volunteer your talent, please call 344-5600 or speak to any of the King Team Members.

**Partnerships**

**George Sanders Fathers Resource Center**  
Monday - Thursday  
9:00am -5:00pm  
Friday by appointment only  
Call (414) 344-0146



**New Concept Self-Development Center Social Services**  
To receive a variety of social service based assistance, including parenting classes,  
Call (414) 344-5788  
ABC's for Healthy Families



**GED Classes**, sponsored by MATC  
Tuesday – Thursday  
9:00am – 12:00pm  
Free and open to the public.  
Call (414) 344-5788

**Plain Talk**

Plain Talk is a replication of an evidence based successful national program. It is in collaboration with the Milwaukee Health Department, New Concept Self Development Center, Inc., and the Martin Luther King Jr. Community Center. It is an initiative geared towards educating adults regarding sexual reproductive health and how to communicate this accurate information to teens.

Call (414) 344-5788

**King Center Memberships**

**Non-Residents Yearly Fees**  
Adult Non-Resident - **\$90.00**  
Day Passes - **\$4.00**  
Replacement Cards **\$5.00**

**Hours of Operation**  
Monday through Friday  
9:00AM until 8:30PM

**Milwaukee County Residents Yearly Fees**  
Adult - **\$35.00**  
Junior (13-17) - **\$22.00**  
Child (5-12) - **\$14.00**  
Family of four (4) - **\$70.00**  
Junior add on - **\$11.00**  
Child add on - **\$7.00**  
Day Passes - **\$2.50**



**Room Rentals**

**Gymnasium**

\$65.00 per hour (Weekdays)  
\$75.00 per hour (Weekends)

**Conference Room**

\$35.00 (2hr minimum)

**Auditorium**

\$425.00 for 6 hours  
\$80.00 Additional Hour

**Multi Purpose Room**

\$35.00 (2hr minimum)

**Registration & Rental Procedure**

All fees must be paid at time of registration or rental. Classes, times and dates are subject to change without notice.

**2010 King Team**

**Rita Echols, Office Administrator \* Jasen Jasper, Office Assistant \* Dominic Conners, Youth Coordinator\* Fred Jones, Recreation Specialist \* Greg McBeath, Fitness Instructor \* Ta-Wau Saleem, Karate Instructor \* Tommy Sundebird, Weight Training Coordinator \* Alvin Boyd, Preventative Maintenance Coordinator \* Lamont Johnson, Facility Manager**